

SAFETY PLAN

Be prepared to leave

You and your children may need to leave in a hurry. Use this information to make sure that you have everything covered to ensure your safety.

Actions

- ✓ Have a bag ready with things you will need (see emergency suitcase below). Hide it yourself or give it to a trusted family member or friend to keep for you
- ✓ Have a code word that tells a friend, family or neighbours that you feel unsafe and need assistance
- ✓ Decide on the best way to leave the house (which doors or windows) if you and the children need to do so in a hurry
- ✓ Ask neighbours to call the police if they hear a commotion

Your emergency suitcase

If you have to leave a violent situation very quickly it is a good idea to have a bag packed with essential items. These could include:

- > money, credit cards and cheque book
- > forms of identification (or copies) that you don't need to carry with you at all times
- > birth certificates for you and your children
- > marriage certificate
- > your passport and your children's passports
- > lease, rental agreement, mortgage papers for your house
- > bank account details
- > insurance papers
- > any medications for you or your children; medical records, immunisation details and Medicare card
- > Centrelink information
- > your children's school records
- > legal papers and copies of Domestic or Family Violence Orders
- > address book
- > clothing and personal hygiene items for you and your children
- > a recent photograph of your ex-partner
- > a recent photograph of your house
- > a spare key to your house and car.

You may also need to include jewellery, small saleable objects and you and your children's personal treasures.



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Safety and Children

Discuss these actions with your children and practice them as necessary

Actions

- ✓ Discuss your safety plan with your children (if they are at an age where it is appropriate)
- ✓ Help your child choose a room in the house where they feel safest but can escape from if necessary. Tell them to go to this room if there is a fight and not to get involved in the fighting.
- ✓ Develop a code word that signals that they need to go now.
- ✓ Teach your children how to contact family, friends or neighbours they will be safe with.
- ✓ Teach your children how to call 000 (Police, Fire Ambulance). Tell them not to hang up afterwards. This assists the services to monitor what is happening and to find you if necessary.
- ✓ Practice what each child should say if they have to report violence eg, "My address is, My name is, and my mum is being hurt"